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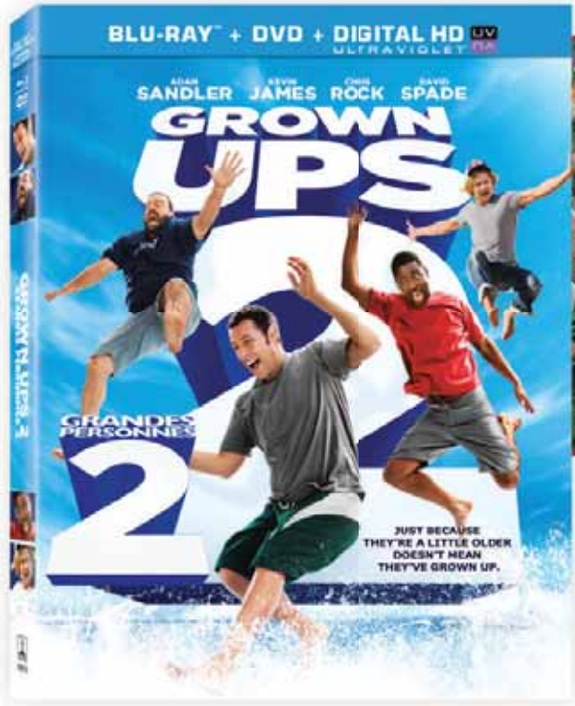
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Murder victim identified as sex worker

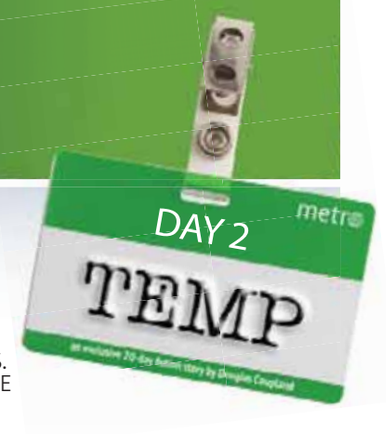
Lisa Ann Zielke's body was found in Surrey parking lot PAGE 3

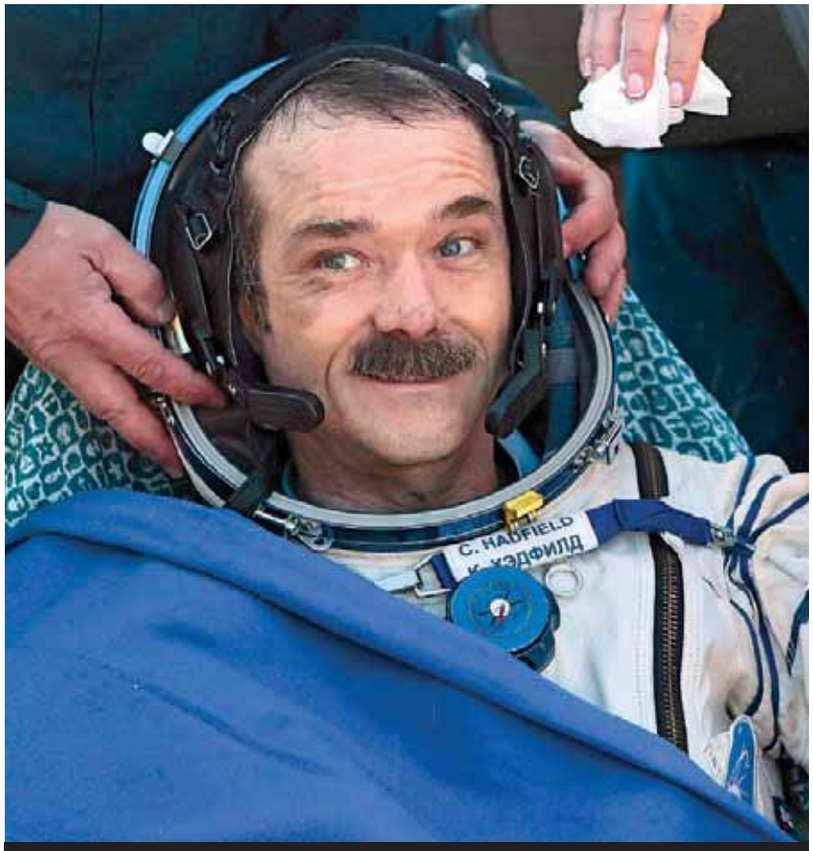
Anonymous delves into #cdnpoli, again

Campaign underway to get RCMP officer fired for uttering slur during anti-fracking protest PAGE 6

COUPLAND EXCLUSIVE

THE DANIMAL ASKS SHANNON TO TAKE A CHINESE CLIENT TO MISTER MCFUNBURY'S. MAYBE IT'LL BREAK THE PERMATHURS? PAGE 10





Canadian astronaut Chris Hadfield is pictured shortly after landing in Dzhezkazgan, Kazakhstan, on May 14. Now retired, Hadfield is bringing his book-signing tour to Vancouver and Surrey this month.
MIKHAIL METZEL/THE CANADIAN PRESS FILE

Hadfield's Earth odyssey bound for B.C.

Commencing countdown. Former astronaut signing copies of his new book in Vancouver, Surrey

KATE WEBB
kate.webb@metronews.ca

Scoring a spot to get a book signed by Canada's favourite space rock star, Chris Hadfield, might just prove harder than actually getting on a mission to space.

The former commander of the International Space Station is coming Vancouver and Surrey to sign copies of his new book, An Astronaut's Guide to Life, in T-minus 10 days.

Tickets to his Nov. 18 Vancouver appearance at KidsBooks in Kitsilano, more than 500 of which were given to fans who bought the book last week, are already sold out.

But anyone who buys a copy of the memoir from Black Bond Books at Central City Mall in Surrey still has a pretty good shot at shaking hands with the Canadian icon.

Bond Books co-owner Cathy Jesson said there will be about 800 tickets up for grabs in Surrey on Nov. 15 — the day Hadfield is scheduled to do a meet-and-greet at her store from 7 to 9 p.m.

"Anyone who has purchased a book from us will be able to, with their receipt, get a ticket to be in line to meet him, and we're going to start giving these tickets out at about noon of that day," she said.

"It will be one of our best days ever, just as far as pure excitement," she added, saying her staff were "over the moon" to learn the Space Oddity singer is coming.

Bond Books got to host the event thanks to a very special connection: Hadfield's mother-in-law is one of store's longtime retail suppliers and Jesson said she personally asked him to make it one of his stops during his multi-country book tour.

Phyllis Simon, co-owner of KidsBooks in Vancouver, said the release is accessible to people of all ages.

"It's very, very readable," she said, "and although it's written for adults, kids can definitely get a sense of his experience and what it was like for him as an astronaut and as a Canadian on such a prestigious international team."

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Attacks.
UBC to hire sex-assault counsellor

The University of British Columbia will hire a sexual-assault counsellor, despite commerce students voting not to donate $200,000 for one.

UBC spokesman Randy Schmidt said Dean Robert Helsley of the Sauder School of Business is committed to finding the money one way or another.

"He has committed to finding a way to make it happen," Schmidt said. "At the end of the day Sauder will make sure the funding is there."

Since the spring, six unsolved sex attacks have taken place near or at UBC, and in September a group of commerce students came under fire after doing a so-called rape chant and another chant that was derogatory to First Nations during Frosh Week.

UBC president Stephen Toope announced soon after he expected the Commerce Undergraduate Society to donate $250,000 to pay for sexual-assault counselling services.

One-fifth of that money was donated, but the remaining $200,000 went to a referendum and on Friday it failed when just 245 of 815 commerce students who voted supported the donation.

Helsley issued a statement stating he was "deeply disappointed" by the results.

Schmidt said the position for the counsellor is already being recruited for and no matter who pays, UBC will soon have sexual assault counselling services.

SAM SMITH/FOR METRO

Investigators are looking to speak to the person who dumped this furniture near Surrey's Hi-Knoll park as they investigate the murder of a woman in the same area. COURTESY IHIT

Surrey murder victim identified

Police appeal to public.
41-year-old woman's cause of death still undetermined

SAM SMITH
vancouver@metronews.ca

The body found at a parking lot in Surrey's Hi-Knoll Park on Oct. 31 has been identified as 41-year-old Lisa Ann Zielke, homicide investigators confirmed Monday morning.

According to police, an autopsy has been completed, but the exact cause of death is still undetermined as they have not yet received toxicology reports.

According to IHIT, Zielke lived a high-risk lifestyle, was addicted to drugs and worked as a sex worker predominantly in the Surrey area.

She was last seen alive on Oct. 30 at 6:15 p.m. in the 9100 block of King George Boulevard getting into a vehicle, according to police. Her body was found 17 hours later in the parking lot of Hi-Knoll Park along with several pieces of furniture, including a brown sofa-bed and a wooden table and chairs.

"Investigators believe that the timeline of when Lisa Ann was in the park is very close to the timeline that the furniture would have been dumped," said Sgt. Jennifer Pound. "The individual(s) who dumped the furniture may have information about her death and police are looking to identify and speak with them."

Homicide investigators are asking to speak with anyone who may have information about this case.

"We are specifically looking to speak with anyone who may have seen Lisa Ann, or who may have knowledge of her whereabouts after 6:15 p.m. on October 30th and into the following morning on October 31st," Sgt. Pound said.

Who to call

Anyone with information about the incident is asked to call IHIT Tipline at 1-877-551-4448, or to remain anonymous call Crimestoppers at 1-800-222-8477.

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Great Bear Rainforest.
Cameras capture majesty of vulnerable landscape

Remote cameras planted by a B.C. environmental group have captured a wolf pack having a field day with thousands of spawning salmon in the heart of the Great Bear Rainforest.

Pacific Wild original planted two cameras in the rainforest: One in an interior river system and the other on the extreme outer coast. The latter had to be removed because of harsh weather.

"This camera technology is giving us new insight into some of the planet's most elusive and difficult-to-study wildlife," said Ian McAllister, executive director of Pacific Wild.

"This past month we observed more hours of wolf pups successfully catching wild salmon than we have in nearly 20 years of traditional wildlife observation."

Pacific Wild has a livestream on its website of the remote river camera.

McAllister said earlier, before it was removed, the other camera captured nearly a thousand stellar sea lions playing in six-metre waves in storm-force conditions.

The non-profit conservation group launched the camera project to draw attention to oil and liquid-natural-gas pipeline proposals that would cut through the rainforest, which is the largest remaining intact temperate rainforest on the planet.

KATE WEBB/METRO

Footage of wolves revelling among the spawning salmon, as captured by cameras in the heart of the Great Bear Rainforest. COURTESY PACIFIC WILD

Invermere. Vast majority seem to approve culls of urban deer population

Aggressive deer could soon be dead deer in the southeastern British Columbia District of Invermere.

Results of a non-binding weekend referendum on the culling of deer are still unofficial, but the tally posted on the district's website shows overwhelming support for the use of lethal measures when Bambi goes bad.

Of the 994 people who voted, 749 approved the use of culls to control populations of urban deer.

The vote comes just days after the B.C. Supreme Court rejected a civil suit launched by the Invermere Deer Protection Society, which argued Invermere's plans for a cull should be shelved because the district did not adequately consult with voters.

Several communities around B.C., including the Kootenay cities of Cranbrook and Kimberley, have been watching the court case and referendum closely because they use a similar process when applying for provincial permits to conduct deer culls.

Habituated deer are blamed for damaging gardens and infrastructure and have also threatened, chased and attacked pets and people during the mating season or when protecting their young.

THE CANADIAN PRESS

A couple eats dinner while taking in the view of downtown from southeast False Creek during Earth Hour 2011 in Vancouver. DARRYL DYCK/THE CANADIAN PRESS FILE

Coalition warns of rapid development

Housing. Community alliance fears city may be 22 years ahead of schedule for its goals

EMILY JACKSON
emily.jackson@metronews.ca

Vancouver planners are trying to build housing for between 163,000 and 186,000 new residents by 2041, but some neighbourhoods think the city is moving too fast.

The Coalition of Vancouver Neighbourhoods, an alliance between 18 community associations that say they're opposed to a breakneck rate of development, believes the city is on track to meet its goal by 2019 — 22 years ahead of schedule.

"We're certainly not opposed to densification or development, but we want it to be appropriate," said Jak King of the Grandview-Woodland community association on Monday.

Based on the 21,650 units that were approved or in process between 2011 and 2013, the coalition figures the city is well ahead of schedule based on calculations using an occupancy rate of two people per unit.

But the city's deputy director of planning Jane Pickering said the rate of development is "very much on track with where we're headed."

Moderation

"We want to make sure people want to live here."

False Creek resident Fern Jeffries, explaining that the city must match density with amenities and green space

The city's calculations use 1.67 people per unit as an occupancy rate, a number that appears to be falling, Pickering said.

On top of that, the past three years have been "one of our busiest times" with a number of very large developments getting approval, Pickering said.

"We're tracking a little bit above what our average would be," she said, but it's hard to predict if that trend will continue next year, let alone over the next few decades.

For False Creek resident Fern Jeffries, it's important the city match density with amenities and make sure there's enough green space when the city grows.

"We want to make sure people want to live here," she said.

B.C. earns $428M in Chinese bond sale

British Columbia's Ministry of Finance says it has raised about $428 million through a bond sale in China.

The one-year term bonds were sold in the Chinese Renminbi market and were priced at 2.25 per cent.

The ministry states in a media release that it reinvested the money in the same market to ensure a positive return and to protect against foreign-exchange risks.

Finance Minister Mike de Jong says the Chinese Renminbi market is poised to become one of the world's most-important capital markets, and B.C. is an attractive investment because of its triple-A credit rating.

The ministry states that Asian investors bought 60 per cent of the bonds and U.S. investors bought the remainder.

On Nov. 21, Premier Christy Clark will begin a 13-day trade mission in Beijing, where she plans to promote the province's liquefied natural-gas industry.

THE CANADIAN PRESS

Public to get say on beach bike path, kind of

Vancouverites at Kitsilano Beach on Oct. 6. The city is planning to build a separate path for cyclists at the busy Kitsilano beach park. EMILY JACKSON/METRO

Kits Beach. Capital designated for bike path, board can't reallocate funds, says Vision Vancouver commissioner

Residents opposed to the Kits Beach bike-path plans will get the chance to voice concerns about consultation at the Vancouver park board, but the city isn't braking for the project.

Two commissioners called a special meeting Monday night to hash out details for an advisory group regarding the $2.2-million separated cycling route — a 12-foot-wide, 1.44-kilometre-long concrete strip through Kitsilano and Hadden parks.

The park board promised the advisory group in response to uproar over the plan, which one commissioner admitted could have used better public consultation.

Since not enough commissioners could attend the special meeting, the issue was put on the regular board meeting agenda an hour later.

It's important to set up the group quickly as the city's search for detailed design work on the path ends Tuesday, NPA commissioner John Coupar said. He hopes to create a group that "can actually recommend changes."

"The public has been clear, they really don't want just a few tweaks," Coupar said.

But according to the request for proposals, bidders for the design work "should assume there is no public consultation in their scope." Rather, there will be four advisory group meetings to "inform the final alignment and design."

"I do think it's very important to hear what people have to say," Vision Vancouver commissioner Constance Barnes said, pointing to successful consultation for the neighbourhood's new tennis courts and accessible playground. "I don't see that it's a problem to say we actually could have done a bit better on this one."

Once the advisory group is created, the park board can listen to the concerns and move forward, she said.

It's a "no brainer" to separate cyclists from pedestrians to increase safety on the busy route by the volleyball and basketball courts, playground and beach, she added.

EMILY JACKSON/METRO

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Four officers hurt after car crashes into downtown Fatburger

SAM SMITH
vancouver@metronews.ca

Four Vancouver police officers out for dinner at Fatburger on Denman Street Sunday, Nov. 3 were injured after a 30-year-old woman crashed a BMW into the front of the restaurant.

The exact cause of the crash has not been determined, but early police reports indicate alcohol and speed do not appear to be factors.

The injured officers have since been released from hospital and are recovering from various injuries at home.

The crash happened around 8 p.m. on Sunday evening when the woman driving south on Denman Street abruptly drove off the road, mounted the sidewalk and crashed into the front of the building where the officers were having dinner.

The driver is not believed to have been injured, but was taken to hospital as a precaution.

Police take measurements after a car crashed into a Fatburger restaurant, injuring four on-duty Vancouver police officers. DARRYL DYCK/THE CANADIAN PRESS

Anonymous demands RCMP officer be fired

Hacktivism. Notorious online group threatens to release personal info about Mountie who appeared to utter slur during New Brunswick anti-fracking protest

LUKE SIMCOE
Metro Online

The hacktivist group Anonymous is demanding an RCMP officer who was caught on video appearing to utter a racial slur during anti-fracking protests in New Brunswick be fired.

Two weeks ago, members of the Elsipogtog First Nation and opponents of shale gas development clashed with police in Rexton, N.B. Five police cruisers were destroyed and dozens of protesters were arrested.

A police vehicle is seen in Rexton, N.B., as police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Oct. 17. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

The event drew the attention of Anonymous, who launched #OpFrackOff in support of the protests. The group has previously become involved in other high-profile Canadian cases, including Idle No More and the death of Rehtaeh Parsons in Nova Scotia.

This time, Anonymous has focused on an RCMP officer who appears in a video to utter a derogatory slur while confronting Mi'kmaq activists on Oct. 17. In the video obtained by the group, an unidentified Mountie can be heard telling protesters that "Crown land belongs to our government, not to f—ing Natives."

In documents posted online, Anonymous has threatened to release personal information about the offending officer unless he is fired by the RCMP.

Const. Jullie Rogers-Marsh of the New Brunswick RCMP confirmed that one of their officers uttered the slur. She said as soon as the Mounties became aware of the incident, the officer in question was sent home and an internal investigation was launched.

"We took action immediately," she said. "This type of behaviour is unacceptable and it's taken seriously by the RCMP."

Rogers-Marsh would not say what disciplinary measures might be taken, nor would she confirm whether the results of the investigation would be made public.

Brazeau: 'It can happen to you'

One of three former Conservative senators facing suspension without pay is warning all parliamentarians that the same thing could happen to them.

Patrick Brazeau made a last-ditch appeal to fellow MPs and senators Monday as the government moved to shut down debate on the proposed suspensions and force a vote on Tuesday.

"Colleagues, if this can happen to me, it can happen to you," Brazeau wrote in a letter to all parliamentarians.

"I recommend you have a lawyer examine all claims you submit before you submit them," Brazeau advised his colleagues. "You may currently believe you are being compliant with (House of Commons) or Senate policy. The rules may change without your knowledge and you may find yourself kicked out of your caucus, being suspended without pay and being scapegoated in the media as some kind of entitled 'fat cat.'

"This can happen in spite of the fact that you are completely compliant with a given policy." THE CANADIAN PRESS

Toronto. Ford theatre has some applauding, others searching for the exit

Canada's largest city remained divided over its embattled mayor Monday after a public apology from Rob Ford failed to quell the controversy over an alleged crack video.

While some saw his words as the push needed to move past a long-running drug scandal, others said little had changed for Toronto.

After first saying he was sorry on his weekend radio show, the mayor took to the airwaves again Monday morning to repeat his apology for public drunkenness and texting while driving.

As before, however, Ford dodged questions about the alleged video that appears to show him smoking crack.

For some Toronto residents, Ford's latest statements did little to change their views.

"Rob Ford's 'apology' sounds to me like just blowing smoke. Never mind what kind of smoke," one person said on Twitter.

"How many lies must Rob Ford be caught in before we can officially declare him to be a liar?" tweeted another.

But Ford's supporters continued their staunch defence of the mayor.

"Despite whatever Mayor Rob Ford has done in his personal life, he is still a good mayor and people should leave him alone," tweeted one woman. "The end result is that he is saving tax payers money," said another.

THE CANADIAN PRESS

Red tape

Injured vet says Canada not doing right by its troops

A veteran who suffered multiple injuries when his vehicle rolled over in Afghanistan says the Canadian government is failing former soldiers by not providing the care they need.

He said he wanted to speak out Monday in Halifax because he knows of many injured veterans struggling with bureaucratic red tape.

THE CANADIAN PRESS

Montreal

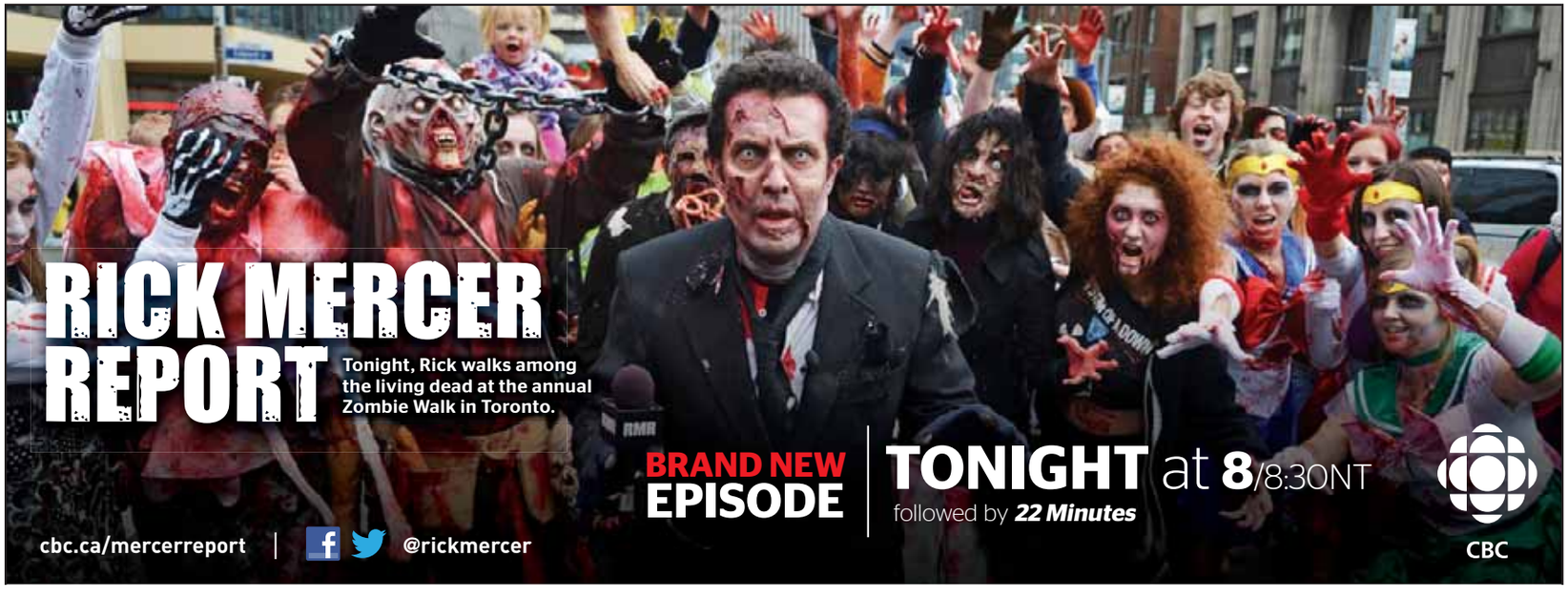
Airport fire sends 5 to hospital

A fire on the tarmac at Montreal's Trudeau airport sent five to hospital with minor injuries Monday.

The blaze erupted on a baggage belt unloading a Royal Air Maroc flight arriving from Casablanca just before 5 p.m. Airline personnel chose to evacuate the Boeing 767.

Seven were treated for smoke inhalation, with five of them going to hospital.

THE CANADIAN PRESS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54 Canadians snared in child porn sting with fake 10-year-old girl

Webcam child-sex tourism. Researchers created a 3D animation of the girl to convince the men she was a real child

A sting operation has turned up dozens of Canadians among thousands of adults willing to pay to watch a 10-year-old Filipino girl perform sex acts on a webcam, an international children's rights group said Monday.

The group Terres des Hommes, operating out of Amsterdam, said 54 Canadians were among more than 1,000 adults from 71 countries identified during the 10-week project.

"It's frightening to see that these people think that the Internet is a completely lawless space," said one of the researchers for the group, who identified himself only as Peter for fear of reprisals.

Predators

In all, the researchers identified more than 1,000 predators — including 254 Americans and 110 Brits.

- They said they would have been able to ID far more if they had more time and resources.

"The most shocking part of this — aside from the horrific child-abuse material that we were sometimes sent — was just the fact that it was so easy to catch these people. They have zero risk perception."

Detailed identification information was in the hands of Interpol for passing on to national law-enforcement authorities to investigate, Peter told The Canadian Press from Amsterdam.

Canada's Criminal Code prohibits accessing child pornography and child prostitution, so the law should be adequate for prosecution, the group said.

In all, 20,172 adults offered to pay between $1 and $100 using untraceable prepaid credit cards to have "Sweetie" perform a sex show via webcam — despite being told at least twice that she was only 10.

Until now, Peter said, he believed police had a good handle on webcam sex tourism. The project has shown that's not the case, he said.

The group has posted a documentary about its investigation on YouTube — www.youtube.com/sweetie — and begun a petition aimed at pressing authorities and politicians to do more to halt such illegal sex shows.

THE CANADIAN PRESS

First appearance in months. Egypt's ousted president defiant in court

After four months in secret detention, deposed president Mohammed Morsi defiantly rejected a court's authority to put him on trial Monday, saying he still was Egypt's leader and that those who overthrew him should face charges instead.

The trial, which was interrupted twice on its first day by shouting in the raucous courtroom, was then adjourned until Jan. 8 to allow lawyers time to review the case against Morsi and his 14 co-defendants — all prominent members of the Muslim Brotherhood.

Morsi, Egypt's first freely elected president, had been held at an undisclosed location since the military ousted him in a coup July 3. His appearance in court represented a step by the military-backed authorities toward granting him due process in the face of mounting criticism by rights groups.

Morsi and his co-defendants face charges of inciting the killing of protesters who massed outside the presidential palace in December and demanded he call off a referendum on a new constitution drafted by his Islamist allies. Brotherhood members attacked a sit-in by the protesters, sparking clashes that left 10 people dead.

"This case (of violence) is a turning point and the beginning of the downfall of Morsi," said Ragia Omran, a civil lawyer who represents two of the victims. If convicted, Morsi and the other defendants could face the death penalty.

THE ASSOCIATED PRESS

Morsi in court

The 62-year-old Morsi, who wore a dark blue suit, light shirt and no tie, was feisty and healthy-looking during his court appearance.

- He refused to wear a prison uniform as part of his rejection of the trial's legitimacy, according to security officials.

Budapest

Hungarian lawmaker admits beating partner

Hungarian prosecutors said Monday that independent lawmaker Jozsef Balogh, who claimed his partner had injured herself after tripping over their large dog, had confessed to punching her in the face, grabbing her hair and slamming her head against wooden terrace railings.

THE ASSOCIATED PRESS

T-shirts for action

U.S. actors protest Russian ban on gay 'propaganda'

Actors Jonah Hill, Jamie Lee Curtis and Kristen Bell are among a batch of celebrities donning Russian-language "Love Conquers Hate" T-shirts to show support for gays in Russia alarmed by a new law banning pro-gay "propaganda."

THE ASSOCIATED PRESS

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CEO Thorsten Heins out

BlackBerry hires turnaround expert

A well-connected U.S. tech industry veteran with a track record on turnarounds, John Chen has been named to lead troubled Canadian mobile telecommunications giant BlackBerry Ltd., the company announced Monday.

As executive chairman, Chen will be responsible for its strategic direction, strategic relationships and organizational goals.

The move came as BlackBerry failed to attract a buyer for the company by Monday's deadline.

TORSTAR NEWS SERVICE

And the Oscar goes to ... Netflix for The Square?

Netflix has acquired the first-run rights to a documentary on the Egyptian protests in Cairo's Tahrir Square, signalling a new push by the subscription company to program movie premieres.

The Square will debut exclusively on Netflix early next year, Netflix announced Monday. Jehane Noujaim's documentary depicts the tumult of the Egyptian Revolution beginning in 2011.

The Square is also having a short theatrical run that will qualify the film, an award-winner at the Sundance and Toronto film festivals, for Oscar consideration.

The Square will debut exclusively on Netflix early next year.
NOUJAIM FILMS/THE ASSOCIATED PRESS

In a letter to shareholders this year, Netflix executives said the company would expand its growing library of original content beyond shows like House of Cards and would seek to add "broadly appealing documentaries." THE ASSOCIATED PRESS

Random biz fact of the day

1 in 3

1 in 3 employers rejected candidates based on something they found about them online.
BEHIRING/NEXCAREER

Market Minute

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Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 2

metronews.ca/temp

Hipster for hire

Yeah, I work... at perfecting the creases on my distressed denim

British Columbia's provincial government got a lot of attention in 2012 for transit ads declaring "hipster is not a full-time job."

The jury is still out, but it can certainly be a lucrative temp job.

Modelling agency Voltage Entertainment placed a Vancouver Craigslist ad Oct. 8, looking for the face of brand ambassador "Hipster Randy."

Said hipster would be paid $2,500 a month and be on call for whenever the newest vintage clothing, vinyl record, craft brewing, organic farming operation needs a hunky, unshaven, flannel-clad, thick-framed-glasses-wearing man to give them instant "too cool to care" street cred.

Whatever.

MATT KIELTYKA/ METRO

GETTY IMAGES

Temp Accepts a Slightly Random Date with Chinese Guy

Today was Thursday. In the future, every day of the week will be Thursday. We're all going to be working to the grave and we all know it so days of the week will be meaningless. I call it Permathurs — I just happened to the future before most people. Permathurs isn't totally bad, but without the Internet it would be truly horrible.

My morning highlight was when Kyle the bike courier showed me his new forearm tat, a bleeding dagger, which sounds cliché but it was actually kind of hot, even though Kyle's not my type. Everyone in the office thinks we're some Big Item, and when we flirt everybody turns into gum-chewing zoo visitors staring at the chimp cage hoping something frisky transpires.

Then the day quickly went sideways. First, my daily ride home bailed on me — my sister, Amy, who just landed a gig teaching yoga for tweens at the now-empty Barnes & Noble on Route 34.

"Shanny, I hear buses are great these days. Like hotels, practically. You can blog about it — it's free content — you own your bus ride!"

Second, Kevin Taylor's and Andy Kimura's flight back from Beijing was grounded for a day because of a bird flu scare: scheduling mess. Third, there was a Norovirus outbreak at the Bunmeister during yet another lunchtime farewell party.

At 4:30, while I was puzzling over how to bus it home, the Danimal hobbled up to my desk, obviously deeply regretting his Bunmeister's Cheesetastic Meatball-icious sub.

"Dan, maybe you need some of those super-drugs they give to people on cruise liners."

"Shannon, I need you to do some overtime for me — for the company."

> **"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas ..."**

Twice my regular hourly rate?

"Sure. What is it?"

"I need you to take a client out for drinks and dinner."

"What? No!"

"Shannon, here's the thing, all of us are dying and this guy has to be taken care of."

"Meaning?"

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas at Mister McFunbury's out by the off-ramp that takes you out to the oil refineries. This guy's not high up the food chain, but we can't not do something."

I stared him down. "OK, one: a week of free taxi chits. Two: cash up front for the food — my cards are all maxed out. Three: drinks, dinner, dessert and goodbye. Two hours max."

"Agreed."

"Who is he, anyway?"

Random fact of the day

Coffee cold this morning?

- You can heat it up with sound energy by yelling at it for eight years, seven months and six days.

SOURCE: MSN.COM

"I think he's the idiot son of one of the engineers who's disassembling one of our lines. Andy says he's the guy who inserts the harpoon so they can reel it all back to Asia."

"Sounds colourful. OK. I'm in."

TO BE CONTINUED...

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HOW TO LOOK MORE ATTRACTIVE

SHE SAYS

Jessica Napier
metronews.ca

There are many benefits to surrounding yourself with a great group of friends: Companionship, emotional support, always having someone to drive you home after you've had too many glasses of wine. But did you know that your pals also have the potential to make you appear more physically attractive?

Researchers at the University of California, San Diego, recently conducted a study to determine the validity of the so-called "cheerleader effect." Popularized by on-screen ladies' man Barney Stinson from the TV show How I Met Your Mother, the theory suggests that people seem better-looking when seen in a group context. I'll ignore my reservations about why academics are investing time and resources into proving the scientific merit behind the deranged ramblings of a television character, and get to the details.

Psychological scientists Drew Walker and Edward Vul conducted five separate experiments among 130 undergraduate students at the university to evaluate how people's perceived beauty might vary depending on whether they're alone or in a group. Participants were asked to rate the physical attractiveness of 100 individuals by looking at a variety of photographs. Sometimes the subjects were shown in a group portrait with two other people, other times the pictures were cropped to show the person alone. Overall, test subjects scored about two percent higher in terms of looks when shown as part of a group. Not an overwhelming beauty-boost, but statistically interesting enough to make me reconsider posting so many selfies online.

While the findings of the study might seem somewhat predictable — people who are socializing with others usually appear happy, confident and thus more appealing than solitary loners — there's actually a bit more science to this phenomenon. The rationale behind the cheerleader effect has to do with our brain's subconscious tendency to merge facial features when looking at more than one person. We tend to read faces in group settings as ensemble representations and diminish individual's idiosyncrasies in the process. Unattractive characteristics that would stand out if seen in isolation are leveled out to give everyone an average group face. In this case, being average-looking is actually a good thing.

And while the 'cheerleader' label brings to mind acrobatic females in short skirts, the theory actually applies to both sexes. Men and women were consistently regarded as better looking when in the company of two or more people of the same gender.

"Having a few wingmen or women may indeed be a good dating strategy" the researchers are quoted as saying.

"The effect is definitely small, but some of us need all the help we can get," Vul said.

Follow Jessica Napier on Twitter @MetroSheSays

Sharp instincts earn photographer top prize

metro PHOTO CHALLENGE

COURTESY DOMINIKA WYPYCH

Sixth sense captured with a camera phone

Dominika Wypych, of Sweden, is one of this year's global grand winners of Metro's Photo Challenge with her submission of the Weimaraner that she snapped with her cellphone. This year's challenge entailed capturing a sense — which in this case is the sixth sense. METRO

Quoted

"The picture I took is of my dog, Salsa, who has cancer. This was the day before she was going to surgery and we wanted her to get a run in the woods, even though it rained. Since dogs are smarter than you think, she felt that something was going to happen. I saw it on her. So I wanted to capture the moment and took the picture with my camera phone, because it was really a 'sixth sense' moment." Dominika Wypych, 34, Stockholm

Shutterbugs

Metro Photo Challenge was introduced nine years ago in Sweden and ran globally for the first time in 2007.

Click metronews.ca for more photo contest submissions.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Archive.org is a rabbit hole of audio, video and literature culled from decades worth of media. Like most rabbit holes, it's hard to know where to start — but it's hard to beat the old-timey charm of 1940s radio programs. Try searching out these to get started.

POLOGOOMBA/FLICKR

Secrets Of Scotland Yard:
A fantastic true crime series that aired from 1949-51 that's packed with rich British accents, nefarious characters and schemes targeting the crown jewels (of course) and "unsightly" wives.

Mel Blanc Radio Show:
Mel Blanc, a.k.a. the voice of nearly every Looney Tunes character you've ever seen commit a horrifying act of violence, was handed the reins of his own show in the 40s where he developed an eponymous repair shop owner who has no business being in that line of work. Special guest stars include sadly obsolete words like "nincompoopery."

Orson Welles Radio Almanac:
Readings from Shakespeare, 19th-century newspapers and presidential letters are among the highlights from this 1940s miscellany assembled by a true legend. A D-Day episode that dramatized news of the Normandy landing is essential listening.

Letters

RE: Don't Believe Everything You Think, says Metro's Paul Sullivan, published Oct. 30

While everyone is entitled to their own opinion, I think that publishing this article was in poor taste. Who is he to say what people can or cannot believe in? Just because science has proven that things don't exist, doesn't mean that we can't believe in them. Each and every person thinks and perceives (and believes) things in different ways, so to say to someone 'science proved this to be untrue; change your belief now,' is really low.

I also noticed that while angels, ghosts and Lucifer were touched upon, God was omitted. Why should you say that I can't believe in eternal damnation but eternal salvation is OK? If he was going to beat down those who believe in ghost and spirits, why not include those who believe in God?

Not to mention that while the article in whole is rude and condescending, the ending paragraph basically tells the readers that he is right and while people are bound to complain, they're nothing but 'trolls.'

Treasa Betts, Vancouver

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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DVD review

White House Down

Director. Roland Emmerich

Stars. Channing Tatum, Jamie Foxx

The word "excess" obviously doesn't appear in any dictionary owned by Roland Emmerich. There's no such thing as too much of anything to this most bellicose of filmmakers. So White House Down has exactly what you'd expect from the man and from the genre, only louder and dumber. If only he knew what to do with it. Emmerich can't seem to decide whether he's making a cautionary thriller about liberty's need for eternal vigilance or a blows-up-good buddy comedy featuring a bad-luck cop (Channing Tatum) and a badass prez (Jamie Foxx). Other films have car chases. This one has a car chase on the White House lawn, with the president inside an armoured limo brandishing a rocket launcher, trying to escape bad guys by blowing a hole in the iron fence. The only thing missing from this scene is a Dukes of Hazzard soundtrack. Some Emmerich films are dumber than the others, and this is one of the really dumb times.

PETER HOWELL

Record label's business is all about rocking the cradle

Rockabye Baby. CMH Label Group turns your favourite tunes into lullabies for baby — so you can sing along

PAT HEALY
Metro World News in Boston

Lisa Roth, the executive producer of Rockabye Baby. EARLY GIBSON

Lisa Roth often finds herself giving unlikely advice to musicians who are covering songs by the likes of Black Sabbath, Guns N' Roses, Jay Z and Kanye West.

"A lot of the times it's, 'I want you to produce this like there's a baby sitting in your lap while you're doing it,'" she says.

As vice-president and creative director of the CMH Label Group, Roth oversees a branch of the label that produces the Rockabye Baby series, in which musicians have taken the aforementioned artists and created lullaby renditions of their best-known work.

Roth created the series with co-worker Valerie Aiello in 2006 and she has since overseen more than 50 releases.

This week sees the release of a Nickelback compilation.

"When we developed this idea, no one here had kids," says Roth. "I am not sure we would have thought about lullaby versions of Tool if we did have kids."

For the uninitiated, Rockabye Baby releases are like a private game of Name That Tune that parents can play while their little ones benefit from soothing arrangements of classic tunes. Where a song like the Foo Fighters' Monkey Wrench in its original incarnation is characterized by its hard guitars crunching up against bombastic drums and Dave Grohl's rock 'n' roll screams, the Rockabye Baby version is an instrumental playground, led by harmonizing glockenspiels and filled out by little bird chirps, rattles and cute honks.

CMH Label Group releases about eight compilations per year, working with a small handful of producers, and Roth says the back-and-forth with a producer for each release could take as long as six months.

"There's a certain amount of training that we have to go through with these people because it's kind of nuanced: It's not an easy thing to do. I think people have preconceived notions when it comes to a lullaby, as if you should just play quieter and slower, which is not the case at all," she says.

"First of all, we are a record label, not a children's company. The music, whether the consumer notices it or not, means a great deal to us."

Yes, the consumer in question is a baby, one who's unknowingly being introduced to the greatest pop music of the past few decades (yes, there are people who would put Nickelback into that category, sadly).

But the consumer is also the parent who can hear songs he or she already loves without having to suffer through nonsense by purple dinosaurs or men in brightly coloured turtlenecks.

"I get to spend chunks of my day doing this thing," says Roth, "and listening to music and deconstructing these songs and picking the instruments, and it's like painting a little picture, and trying to do it with utmost deference and respect to the artists so they don't get annoyed."

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Did that slo-mo beach dash prep Pam for the real deal?

MELINDA TAUB
Metro World News

Some marathoners can bounce back from a 26.2-miler like it was a walk in the park. Pamela Anderson does not appear to be one of them.

After her outing in Sunday's ING Marathon in New York City, Pamela tweeted a pic of herself covered in ice packs in bed. It's captioned, simply, "Ouch!"

I'm sure Pamela thinks the pain was worth it, though: The Baywatch star, who ran the marathon with her brother Gerry, raised nearly $76,000 for the J/P Haitian Relief Organization.

According to the marathon results page, Anderson finished the marathon in 5:41:03 — not bad for a 46-year-old lady who's used to running down beaches in slow motion. Several famous marathoners beat her, though: Fellow beautiful person Christy Turlington bested her by nearly an hour with a time of 4:35:32, while ER and Top Gun star Anthony Edwards, visibly energized on the course by the cries of "Goose!" that I shouted at him, crossed the finish line in 4:45:26.

Of course, the winner, Kenya's Geoffrey Mutai, could have finished the course twice before a single one of these celebs crossed the finish line. So Christy shouldn't get a big head.

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LIFE 3

Even gods need to feel the burn

Workout. As Chris Hemsworth reprises his role in Thor: The Dark World, we speak to his personal trainer, Michael Knight, about how he stays fit

ROMINA McGUINNESS
life@metronews.ca

The workout has clearly paid off. WALT DISNEY

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training with Chris Hemsworth on and off for years.

Yeah, even the star of the new film Thor: The Dark World has a hard time maintaining that Viking god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight.

Hemsworth lost 30 pounds to play an F1 driver in Rush, and then had to put it right back on in time for Thor.

"So I always try and simulate that same workout in order to maintain his body shape in the long-term."

The maintenance workout designed by Knight specifically for Hemsworth revolves around three 20-minute sessions, which he does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight said.

"The workout starts off slow and finishes with a fury. On some days, you're going into the time under tension method, which is where you're using really heavy weights to tire your core and kettle bells. On other days, you might be doing double kettle bells, or working with a heavy tire, and finishing with a cardio blast."

The Chris Hemsworth maintenance workout

If, like Hemsworth, you're already in shape, then this workout is going to keep your body strong. And it's all about big lifts.

"The idea is that you continually rotate body parts: so, one day you work your chest, the next day your back, then your shoulders, and then you go back to your chest, and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight.

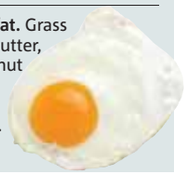
You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

The workout is complicated, and unless you're thinking of auditioning for Thor 3, you don't need to go into so much detail. Here's the dummy version of the Chris Hemsworth maintenance workout.

What's on Thor's plate?

When it comes to food, you need structure. Knight recommends you keep your diet clean by sticking to complex carbs, lean protein and healthy fats.

- **The protein.** Chicken, fish, plant-based protein powder, whole eggs.
- **The carbs.** Oatmeal, green vegetables, brown rice, sweet potato and very little fruit.
- **The fat.** Grass fed butter, coconut oil, avocado.



Monday

Chest day
You'll have rested on the Sunday, so today is a big barbell day. Your body is going to be torched.

Workout highlights
Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

Tuesday

Back day
You're going to be a little tired and sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.

Workout highlights
An active warm-up of one-legged dead lifts, followed by back weighted pull-ups, and double kettlebell circuits to work the hips and the core.

Wednesday

Day off

Thursday

Shoulder day
This is a big day as you're coming off from recovery. Go back to your barbells.

Workout highlights
An active warm-up of dead lifts and strong man log presses followed by light squats and thrusters. Finish with ropes gone wild.

Friday

Chest day
100 per cent dumbbell day. Give it a quick pump.

Workout highlights
Inclined dumbbell presses with squats, followed by push up circuits and kettlebell snatch.

Saturday

Back day
This is a "show me what you've got left" day.

Workout highlights
Unweighted pull-ups, dead lift heaven balls and a metabolic cardio circuit, followed by jump ropes.

Sunday

Day off.

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What do you mean there isn't two O's in the word Mom?

Tattoo mistakes. Think Before You Ink campaign raising awareness about the number of tattoos with errors in them

KIERON MONKS
Metro World News

Whether declaring love for the wrong person, or announcing a medical condition rather than a profound philosophy, an epidemic of tattoo mistakes are horrifying the body art community.

The worst type is foreign-language messages, for which over 60 per cent carry errors, according to translator and interpreter Sharon Stephens, who has set up Think Before You Ink, a campaign designed to avoid such awkwardness.

David Beckham is no stranger to tattoos, but he got his wife's name wrong here in Sanskrit.
LINTAO ZHANG/GETTY IMAGES

Was it an especially disgusting tattoo that encouraged you to launch the service?
Numerous really; there is huge demand for foreign language tattoos and I have seen some nightmares.

I thought there needed to be a service that allowed people to check and make cancellations, as there was nothing before.

What are the most common or worst mistakes?
Chinese seems to be the main one. There was one man who thought he had "prosperity" but it was "diarrhea," another wanted "love and charity" but got "sweet and sour chicken." Since the campaign began people have approached us with more errors. David Beckham got his wife's name wrong in Sanskrit, and one man annoyed a Chinese tattooist, who wrote "cheapskate" on his arm.

Interesting. So are the artists to blame?
They know what they are putting on, but people need to be aware that literal translations are often totally wrong so they need to be clear on the meaning. One artist told me he would always get a local Chinese restaurant to do translations.

Is the problem also that people get tattoos when they're trashed and not thinking straight?
Western people seem to consider languages like Chinese to just be pictures rather than words, so they don't really consider the meaning. More than six out of 10 are wrong. The smart ones check first.

Besides language, many tattoos are offensive for esthetic reasons. Will you support a campaign against these?
I agree, but we can't do much about that. People need to take responsibility, as a mistake can be devastating.

Tattoo mistakes

Do you have tattoo mistakes that you're embarrassed by?

- **Online.** Find out more about the campaign at veritaslanguagesolutions.com.

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MAKE IT HAPPEN!

Eggplant gets fried and spiced and everything nice

1. Heat the oven to 350 F. Sprinkle the eggplant slices lightly on both sides with salt. Transfer to a large colander, then set in the sink and let drain for 15 minutes.

2. Meanwhile, in bowl combine the flour, cumin, paprika and cayenne. In a second bowl, whisk egg and water. In third bowl, place the bread crumbs.

3. Pat eggplant slices dry. One at a time, dip each slice first in flour, shaking off excess, then the egg, letting the excess liquid drip off, then the bread crumbs, knocking off the excess crumbs (they will clump).

4. In skillet over high, heat 1 1/2 tablespoons of oil. Add eggplant slices, reduce heat to medium and cook until golden, about 2 minutes. Flip slices, add remaining tablespoon of olive oil and cook until golden on the second side, about 2 minutes.

5. Transfer the slices to a sheet pan. Bake on the oven's middle shelf until the slices are tender, about 15 minutes.

6. While the eggplant is baking, grate the cucumber on the coarse side of a grater. In a small bowl, combine the grated cucumber with the yogurt, garlic and a bit of salt.

7. To serve, transfer the eggplant slices to a platter and top each with a generous spoonful of the yogurt sauce. Sprinkle with parsley. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Fried Spiced Eggplant with Cucumber-Garlic Sauce

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 small eggplant (1/2 pound and about 2 inches wide), cut crosswise into 1/3-inch-thick slices
- Kosher salt
- 2 tbsp all-purpose flour
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 to 1/2 tsp cayenne
- 1 large egg
- 1 tbsp water
- 1 cup panko bread crumbs
- 2 1/2 tbsp extra-virgin olive oil, divided
- 2-inch piece seedless cucumber
- 1/2 cup fat-free plain Greek yogurt
- 1 small clove garlic, minced

Hey baby, wanna earn some flowers tonight?

CarrotDating.com. Brandon Wade's newest app — which lets users bribe their way to a date — has stirred up controversy

MICHELLE CASTILLO
Metro World News

MIT grad Brandon Wade — king of controversial dating apps — has a new one stirring up controversy: Carrot Dating. CarrotDating.com allows men and women to offer incentives — called "bribes" — to one another in order to snag a date. While some incentives are as innocent as flowers or dinner, others include a big trip or plastic surgery.

This comes on the heels of Wade's other ventures, sites like SeekingArrangement.com and WhatsYourPrice.com, which hooked up rich men with willing women. Wade insists this isn't prostitution, nor sexist. In fact, 25 per cent of the bribes are initiated by women, he claims. We asked him more about the slippery slope.

Maybe CarrotDating.com is behind this odd couple? ISTOCK

So Carrot Dating is...?
Carrot Dating really is bribing somebody for a date. I think when you look at most of my other dating websites, they were founded primarily from my mother's advice because I was really shy and sort of awkward. My mom saw that, and she basically told me to focus on my school. She said, "Someday when you're successful, you'll be generous and turn those around, when it comes to the dating game." Until I graduated, I was still struggling and still had the constant fear of rejection. I would never walk up to woman and use a pick up line. It's not my thing.

What you call generosity could be confused with prostitution. Do you agree?
How does generosity equal prostitution? That's a really long stretch! Prostitution is literally paying for sex. In this case, sex cannot be expected. It's something people obviously aspire to, especially on a dating site — they look for someone they share chemistry with. When you look at Carrot Dating, when you look at the most popular types of offers that people have been offering and accepting — the first one being flowers, the second one being dinners — that's what people do nowadays anyway. He usually buys her dinner or flowers. And that's certainly not prostitution.

So why are critics calling the site misogynistic?
(Laughs) Maybe because we called it bribes, as opposed to incentives. Even incentives would be a little bit edgy. I think if we had called it something else, maybe something a little bit less playful or controversial, it wouldn't have caused as much of an uproar.

Have you ever used any of your websites?
I created Seeking Arrangement because I was just so frustrated with dating. I created that for myself. I was a user; had the very first profile on there.

Did you meet your wife through a dating website or traditionally?
Traditional, I guess. She applied for a job, and we hired her, and I was working with her, and we kind of started dating and we fell in love and that's kind of the story. In a way, it was because of the websites that I built.

Why the temp life may be right up your alley

Employment. Makeshift work has a bad rap, but it can prove useful for a variety of job seekers

YOUR MONEY
Alison Griffiths
money@metronews.ca

Does any of the following describe you?

- Self-employed with some hours to spare.
- A stay-at-home parent not ready for a full-time job.
- A young worker with skills but little experience.
- In-between permanent jobs.
- A retiree still eager to work.

If one of these profiles fits, then you might be perfect for the temp world. "Temporary work is also a good fit for anyone looking to gain additional experience and skills or obtain experience in a new field," says Shari Angle, Toronto-based vice president with Adecco, Canada's largest temporary recruitment agency.

There are temp agencies specializing in every industry and skill set from labourers to scientists. Not surprisingly, demand is tied to the economy.

"The temporary staffing market across Canada has fall seasonal demand in the areas of distribution, logistics, and warehousing which specifically drive temporary hiring in geographic areas near airports and ports of entry," points out Angle.

Wherever there is a strong economy and low unemployment, such as in Saskatchewan and Alberta right now, the availability of temp positions rises.

In Wild Rose country, for instance, there's a strong need for workers in a many areas that support the oil and gas industry.

Temp workers can also be in demand during a poor economy because employers are reluctant to hire full time staff.

Temp work can lead into a career. Dawn Johnson, for example, took a handful of placements as a health-care accountant.

Her most recent assignment lasted 18 months and then turned into a full-time job in Columbus, Ohio.

For some, the appeal of temp work is that it's, well, temporary. Calgary computer programmer Terri McGinnis travels with her husband on his contracts around the world as a forestry consultant. "I've had great assignments and lousy ones," she laughs, "but I always know they will come to an end."

As with seeking any kind of work, the best place to start is a well-crafted resume and reference letters. Angle stresses that people should research the kind of jobs posted by various agencies. If a number match your skill set, contact the agency directly to inquire about an interview with a recruiter.

The first few positions can take a bit of time, but once you've established yourself as a reliable employee, an agency will be eager to keep you busy.

The upside of temping

"I've had great assignments and lousy ones. But I always know they will come to an end."

Calgary computer programmer Terri McGinnis

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2 A simple high school diploma in today's job market is not enough, especially if you plan to climb the corporate ladder, demand top dollar for your expertise and truly excel in the job market. This is one of the primary reasons why continuing education is a must. You must show your employer that you are ready, willing, and able to take the next step by continuing to advance your educational standing.

3 Once you have earned your degree, don't stop. Always look for an opportunity to take various certification and self-improvement courses. It will make your resumé stand out from the crowd and show your employer that you are always eager and ready to learn more.

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"As an educator and one of the facilitators working in the CPA program, I am excited that the CPA designation has combined the best of the educational and practical experience programs of the legacy CA, CGA, and CMA designations into a singular program to best meet the needs of business, public practice and government."

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GOODLUZ/SHUTTERSTOCK

The CPA designation requires an undergraduate degree for admission, as well as specific prerequisite knowledge.

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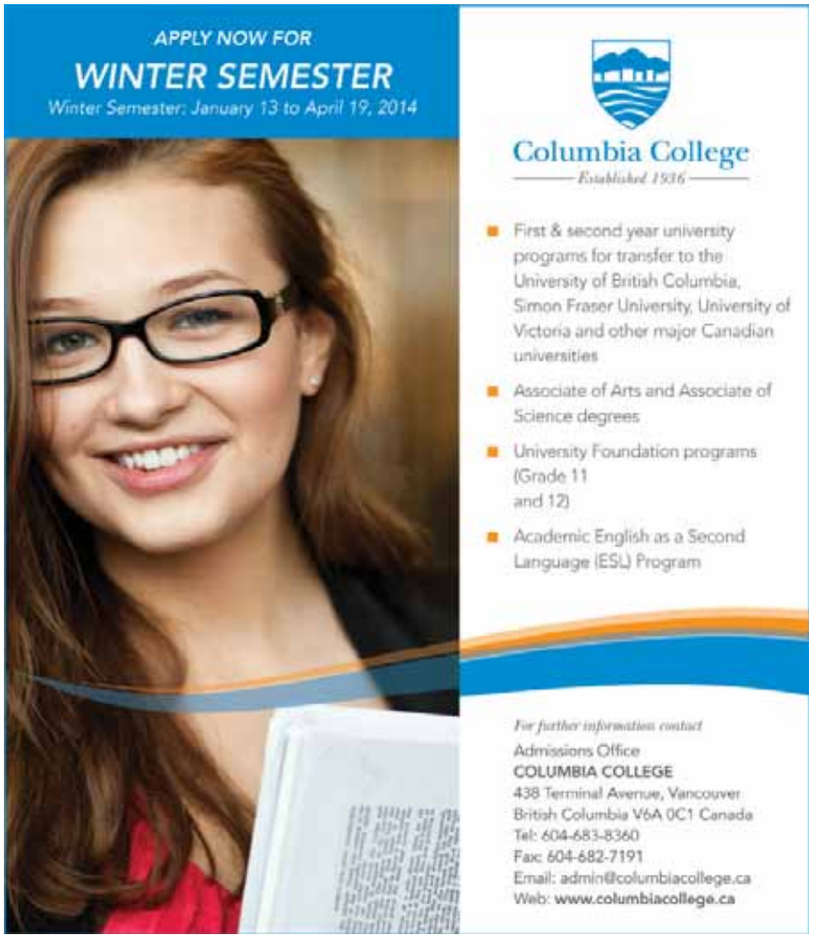
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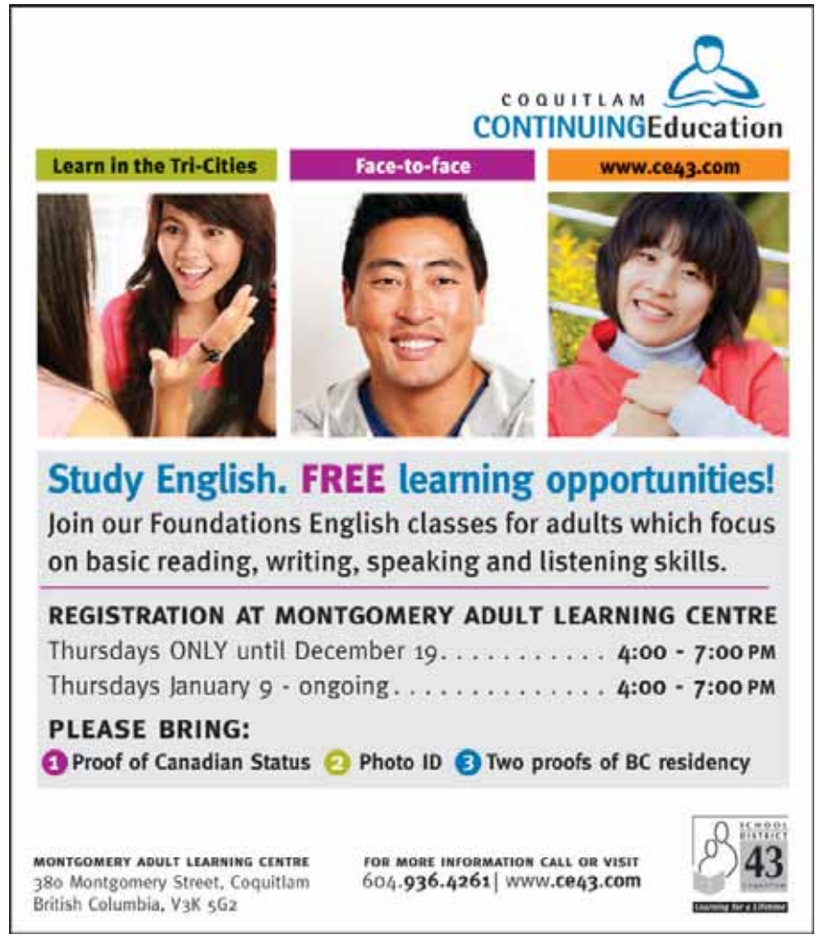
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COLUMBIA CAN GIVE YOU A NEW START

Although it may seem a bit ambitious to start thinking about plans for the new year, it's never too early to start making plans for your education.

A new start to the new year can also mean a new start in a new career.

To get started towards those new year goals, Columbia College is offering a number of continuing education programming options to get you pointed in the right direction.

"Our most popular programs are university transfer (UT) programs in business and in engineering, but we also offer UT programs in arts, communication, computer science, and science," says Peter Ashby, director of admissions, Columbia College.

"Since we are a transfer college in British Columbia, students taking one year (30 credits of coursework) of any of these programs proceed to second year of local universities in B.C., subject to their meeting university admission requirements."

Columbia College also offers associate degrees for students who only want to take a two-year academic qualification.

Students needing to improve their academic English skills before they are ready for a high school or university level program in North America can enrol in Columbia's academic ESL program.

Columbia is also an independent high school in B.C., and offers B.C. Grade 11 and 12 graduation programs.

For more, visit columbiacollege.ca.

PHOVOIR/COLOURBOX

CONTRIBUTED

UPGRADE LANGUAGE SKILLS AT COQUITLAM

FEEL CHALLENGED AND ENCOURAGED

Natalya Viryacheva is an engineer, wife and mother who immigrated from Russia nine years ago.

Like many other newcomers, she came with her family hoping for a better life for her three sons. Since coming to Canada, Viryacheva has been studying and learning English so she can understand everything around her, communicate better and make her sons feel proud.

As a hairdresser in Canada it is also important for business. Two years ago, Viryacheva found Coquitlam Continuing Education and enrolled in the tuition-free foundations literacy English classes. These courses teach students speaking, listening, reading and writing skills. There are seven levels (L1-L7) that prepare students for high school credit courses such as communications 11 and 12, as well as English 12.

Viryacheva is currently a foundations English Level 7 student but plans to continue her learning until English 12 and beyond.

"I love this school, it is the quality of a university."

After seven years of trying many types of learning, Viryacheva has found a place where she feels challenged, supported and encouraged by her teachers every day.

For more, visit ce43.com.

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UBC PROGRAM TRAINS DIGITAL ANALYSTS

"There is a growing need across a variety of industry sectors for trained professionals to analyze web and other digital metrics, and present actionable insights to enhance user experience and drive business improvement," says Christopher Berry, co-chair research committee, Digital Analytics Association.

Developed by UBC continuing studies in partnership with the Digital Analytics Association, the UBC/DAA award of achievement in digital analytics fills this need by drawing on the talent of global digital analytics experts to teach practical, hands-on material people can put to use straightaway.

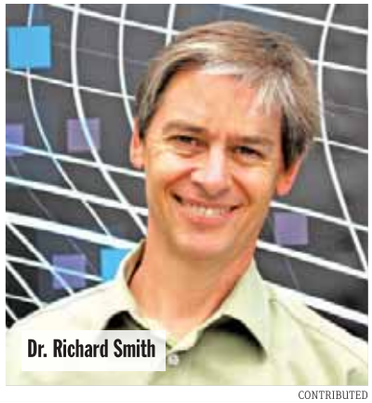
The 100 per cent online part-time program focuses on how to analyze, understand and create insights from the data generated by digital analytics reporting tools, and optimize communication with customers.

Since 2005, the program has had more than 900 graduates from 40 countries. Graduates have taken their skills to organizations such as Google, IBM, Coca-Cola, World Vision, lululemon athletica, BMO Financial Group, Microsoft, Government of Canada, World Bank, TimeWarner, Cisco, TELUS, ICBC, HSBC, and more.

Recently, the program was awarded the 2013 outstanding non-credit program award from the University Professional and Continuing Education Association, which recognizes innovation, creativity, and contribution to the field of continuing professional education in North America.

For more information, visit cstudies.ubc.ca/da, call 604-822-1420, or follow on Twitter @UBCCSDigital.

MONKEY BUSINESS IMAGES/SHUTTERSTOCK



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PUT YOUR CREATIVE SIDE TO WORK AT CDM

Do you have a passion to make things? You can put your creative side to work with the master of digital media program at the Centre for Digital Media.

"The students learn how to manage creativity — their own creativity, creativity in a team, and the creative process when working with real-world clients," says Dr. Richard Smith, professor and director, master of digital media program at the Centre for Digital Media.

"Almost all of the curriculum is experiential, project-based learning where students are working on real projects for real clients with real deadlines and deliverables."

The master of digital media program is a professional graduate degree granted by four Vancouver universities (UBC, SFU, Emily Carr, and BCIT).

The one-year, full-time program is an intensive, cohort model in the purpose built Centre for Digital Media at Great Northern Way Campus in Vancouver.

The focus is creativity, entrepreneurship, leadership, and management of digital media projects.

Students will have the opportunity to follow up their year of studies with a four- month paid internship in a digital media organization.

For more information, visit thecdm.ca or attend an information session Nov. 14.

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MAYBE A CHANGE WILL DO YOU GOOD

LISA F. YOUNG/SHUTTERSTOCK

Sometimes it's hard to come to terms with the fact that your career has not turned out exactly as planned. As a child, you dreamed of becoming something grand. You promised yourself you would be at the top of the game and become the best there ever was.

Fast-forward a few decades later and you see yourself as you are today — generally happy and satisfied, but with a career that doesn't exactly match up to what you initially dreamed you would be doing.

Careers are a tricky subject to address. On one hand, we all need to work, so there is a level of necessity in the equation. On the other hand, however, we all deserve to lead a fulfilling life, and that includes a career that makes us glad to wake up in the morning, a career that really excites us.

The workplace is where most of us spend the majority of our day, so it is important that we are engaged and challenged by our jobs. But what if we aren't?

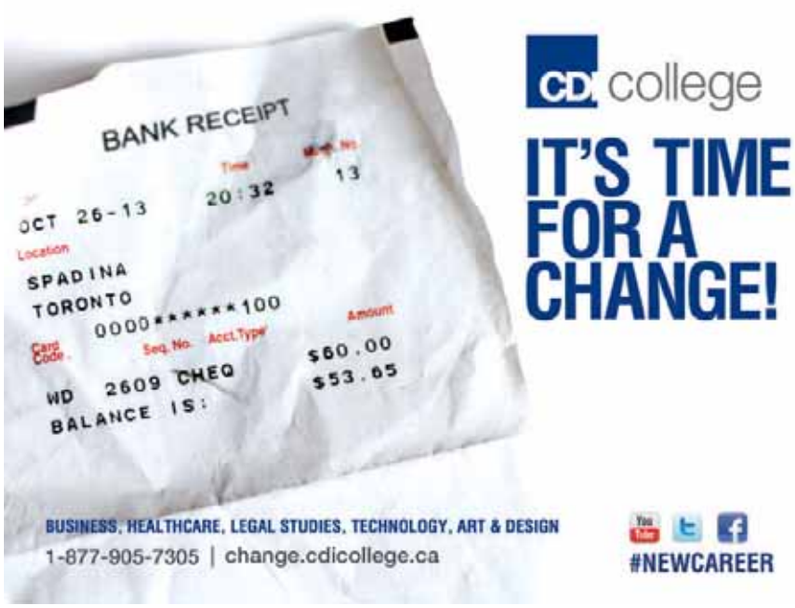
There is no clear solution to this dilemma, but part of the action plan will likely include continuing education courses and programs. Continuing education can offer the possibility of a career change and provide anyone with the necessary training for lucrative employment in the real world.

There is a way to change the course of your career at your own pace. Continuing education or distance education programs are designed to allow people to enrol in courses at night or online, thereby allowing them to fit school into their already packed schedules.

The wide variety of courses and programs available makes it so that there is something for almost everyone. From astronomy to criminology, all continuing education programs aim to give students an added edge in a given field. After that, a diligent level of studying can open the door to any number of rewarding and truly enjoyable careers.

Distance education options allow students to enrol in classes without ever stepping onto a college campus. Most distance education courses are taken online, allowing students the flexibility to complete courses from wherever they are. The only requirements for most distance education courses are access to a computer and a Wi-Fi connection.

If you feel your career has hit a low, or if you are just ready for a change, then continuing education may be the path you need to take. Do research to find a focus of study that appeals to you, and speak to an academic adviser to ensure that you are making the right decision. Your studies will open the gateway to your future career. *– Ezinearticles.com*



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cstudies.ubc.ca/nssp
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AUREMAR/SHUTTERSTOCK

GIVE YOUR PERSONAL VALUE A BOOST

You may have thought you were out of the woods with education once you earned your college degree.

However, in order to retain a competitive edge and evolve with the constantly changing job market, it is essential to continue developing your skills through continuing education opportunities.

Whether it is attaining your master's degree, diploma or specialized certificate, taking the extra step of obtaining more knowledge about your career field will make you more desirable to your current and future employers.

Here is a list of benefits that arise from continuing education and how it will help boost your personal brand:

INCREASED INCOME POTENTIAL

Nobody complains when they receive a raise, so by furthering your education you better your chances for a salary bump. The more knowledge and capabilities you possess, the more you increase your value as an employee.

CAREER ADVANCEMENT

You have put in long hours and have tried everything you could think of to get that next promotion, but still keep getting passed over. The one thing holding you back could be a certification, extra classes, or degree that shows you are ready to go to the next level. By broadening your skill-set through further education, you add to the reasons why you should receive a promotion.

PREPARATION FOR TRANSITION

Some studies say the average person changes careers five to seven times in their professional life. When you have lost excitement with your current career and start planning to transition into a fresh new career, continuing education is the best way to prepare yourself and make you competitive in the new field.

JOB AND PERSONAL SATISFACTION

Sometimes the rigours of your daily routine can make you complacent and unenthusiastic. By attending classes, you can develop a fresh perspective on your current job and bring new ideas to reinvigorate your passion on the job. Continuing education will also boost your self-esteem, knowing that you have completed another milestone in your professional life.

NETWORKING OPPORTUNITIES

The other people in your continuing education classes are attending for the same purpose as you are, showing they also possess a drive and commitment to their careers. Therefore, your classmates can become potential business contacts and boost your network, which can bring further opportunities and connections throughout your career.

– Ezinearticles.com

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Minor-league baseball

Single-A Canadians win league award

Less than two months after winning their third consecutive Northwest League championship, the Vancouver Canadians were recognized off the field by Minor League Baseball.

It was announced Monday that Vancouver's short-season Single A franchise affiliated with the Toronto Blue Jays has won the John H. Johnson President's Award as the top minor-league baseball franchise.

"This award would never have been possible without the dedication and unwavering support of so many," said Canadians president Andy Dunn, as per the Canadians' team website.

Playing out of historic and recently refurbished Nat Bailey Stadium, the Canadians have continued to break their own franchise records for attendance.

According to Minor League Baseball, the Canadians welcomed 184,042 fans to the ballpark this season, setting a new attendance record for the fifth straight year. The Canadians also sold out 23 of their 38 home games in 2013.

Another strong season at the gate was capped off with another championship, this one coming in front of the home fans.

The Canadians won the best-of-three championship series over the Boise Hawks two-games-to-one. Ladner's Tom Robson tossed a gem for the Canadians in the Sept. 9 finale, allowing just three hits and no runs as he pitched into the seventh inning. CAM TUCKER/METRO

David Booth skates against the Edmonton Oilers at Rogers Arena on Oct. 5. The oft-injured Canucks forward, who has one goal and three points in 11 games this season, was sent to the Utica Comets for a conditioning assignment on Monday. BEN NELMS/GETTY IMAGES

Booth sent to Utica for conditioning

NHL. Canucks forward had expected to play on team's four-game road trip, which begins Tuesday against the Phoenix Coyotes

CAM TUCKER
cam.tucker@metronews.ca

David Booth, often injured during his three seasons as a Vancouver Canuck, said Monday that he expected to play on the team's upcoming road trip to Arizona and California.

Instead, he'll be playing for the Utica Comets in the American Hockey League. The Canucks, following Monday's skate, assigned Booth to Utica for a conditioning assignment. The Comets play next on Tuesday, against the Toronto Marlies.

Booth has missed the last four games dealing with a suspected ailing groin, but took part in practice at Rogers Arena before the team was scheduled to fly to Phoenix later in the afternoon.

The Canucks play the Phoenix Coyotes on Tuesday.

Booth wore a red jersey at practice and took part in battle drills.

Head coach John Tortorella made it clear afterward that he still had to discuss Booth's condition with head athletic trainer Mike Burnstein before a decision on whether Booth gets back into the lineup would be made.

Injuries have been piling up for Booth over the years, dating back to his days with the Florida Panthers; however, his time in Vancouver has been hampered by them.

Off-season ankle surgery and groin injuries have been among the most recent of setbacks.

"It's tested my character, for sure," Booth told reporters.

"But I think, when you're going through trials, sometimes it's hard to stay positive. You look back and realize that it definitely builds character."

In part because of the injuries, Booth's offensive production has slipped dramatically.

Booth, currently with two years remaining on his current contract with a cap hit of $4.25 million, has one goal and three points in 11 games this season.

"I know it's there and I know I can be better than that. I really believe that," said Booth.

4 SPORTS

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Horoscopes

♈ Aries
March 21 - April 20
Try not to be too aggressive when dealing with people at work. In fact, with Venus, planet of harmony, moving into the career area of your chart today, you should go out of your way to be nice.

♉ Taurus
April 21 - May 21
Something you say today will have far-reaching consequences, so be on your best behaviour. Everything you put out into the world sooner or later comes back to you.

♊ Gemini
May 22 - June 21
You may feel you are being treated unfairly but complaining about it is unlikely to change the situation. Act as if you are completely unaffected by what other people say.

♋ Cancer
June 22 - July 23
Someone you meet today will tick all the right boxes. You will get along as if you've known each other for a lifetime. It's going to be a beautiful new friendship and, who knows, it may even be love.

♌ Leo
July 24 - Aug. 23
Don't push yourself hard today. Whatever tasks you have, there is no need to rush. This is one of those days when the world must, and will, wait for you.

♍ Virgo
Aug. 24 - Sept. 23
There are times when you should hold out for the best possible deal and there are times when you should compromise and this is one of the latter. Don't forget that profit is not the only thing to measure relationships by.

♎ Libra
Sept. 24 - Oct. 23
Today's positive cosmic influences will help you get your point of view across but don't forget that your view is one of many. There is plenty of room in this big, wide world for all shades of opinion.

♏ Scorpio
Oct. 24 - Nov. 22
Keep your ears open today and, if you hear a distant rumble, get yourself to higher ground as quickly as you can. There is some kind of upheaval coming and you don't want to be in the way when it arrives.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have failed but that does not mean you are a failure. Smart people realize that failure is a brick in the wall of success. The more bricks you have, the higher you can build your dream.

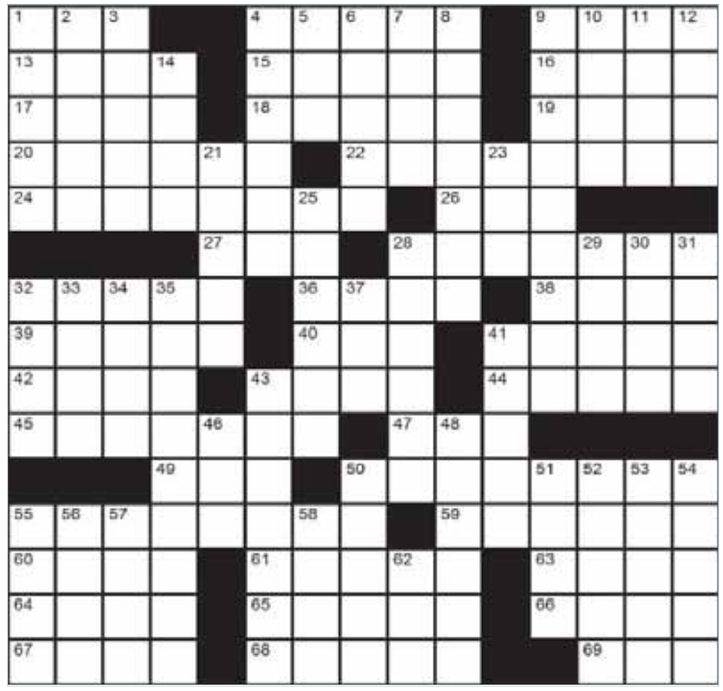
♑ Capricorn
Dec. 22 - Jan. 20
You may feel assertive today but don't push people around you too hard because you are likely to spark some sort of rebellion. Always see partners as human beings, not mere cogs in your grand design.

♒ Aquarius
Jan. 21 - Feb. 19
If someone gives you a hard time over the next 24 hours, you should smile and let them see it does not bother you. They will go and find someone who is easier to annoy.

♓ Pisces
Feb. 20 - March 20
Stop worrying about things that might go wrong. It's not about what you can and cannot do, it's about your attitude to life in general. **SALLY BROMPTON**

Crossword: Canada Across and Down

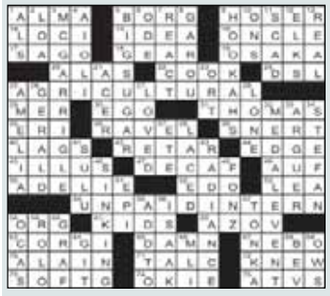
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Mil. force that protected the Allies from U-boats in the North Atlantic during WWII
4. Junk
9. Law
13. Lightbulb moments!
15. __ donna
16. Characters' selves
17. Mr. Julia
18. On-a-field sport
19. Bouncy-less hair
20. Typos
22. __ Fitness (Canadian health clubs chain)
24. Saskatchewan's CFL team nickname
26. Liberace's nickname
27. Plus...
28. __ tape
32. Barely believe
36. Wading bird
38. Rupture
39. Killer whales
40. Cul-de-__
41. Choreographer, Bob __
42. Count on
43. The pair
44. Skilled at crafts
45. Someone from Juneau's state
47. "Ha! See __ _ care."
49. Actor Mr. Avery
50. Manitoba: Landscape features in Wapusk National Park: 2 wds.
55. Calgary-Edmonton __ (Alberta region)
59. Patrick J. __ (Questions remain over his conviction/execution for the 1868 assassination of Father of Confederation, Thomas D'Arcy McGee)
60. Sore spot, slangily
61. Ruin
63. Julia Roberts' actress niece
64. Created
65. Topic
66. Li'l thermometer reading
67. __-a-porter
68. Sniffers
69. '_' __ in Cornwall

Down
1. More pink, as steak
2. "Cuchi-cuchi"-saying songstress
3. South Pacific island country
4. Twisted ankle injury
5. Grand __ (Wine classification)
6. 1973: Billie Jean King's famous tennis opponent Bobby
7. Podium
8. "Eyes of a Stranger" band from Vancouver
9. Arcade Fire's latest album
10. Certain citrus
11. Bread's shape
12. Renaissance family name
14. Smelting waste
21. "__ a wrap!"
23. __ Plaines, Illinois
25. 2005 Justin Timberlake movie
28. Canadian Hip-Hop artist, __ Mee
29. 'Luck' suffix (Most fortunate)
30. Northern BC's __ River
31. Stone hue
32. "__ the Explorer"
33. Mr. Hershiser
34. Univ. in The States
35. Thoroughfare-of-finance in Toronto: 2 wds.
37. Cricket club
41. Country's Ms. Hill
43. __ Family (Acting brothers)
46. Garden pond fish
48. November 5th: Guy __ Day
50. The __ (Journalists as a group)
51. Turn __ red (Get embarrassed)
52. Person of ancient Mexico
53. Sci-Fi weapon, __ ray gun
54. Breaks branches
55. Free pass, commonly
56. Man _' __ (Legendary racehorse)
57. Drive
58. "..._ __ it seems." (That's how things look)
62. Acting aids, __ cards

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2		9	3				5	
			6	8		2		
1					4			
6							9	3
4		5				8		2
3	7							1
			9					8
		2		1	7			
	1				3	7		6

Yesterday's Sudoku

1	4	2	5	7	6	8	9	3
5	6	9	3	4	8	2	7	1
8	3	7	2	1	9	4	6	5
9	5	8	6	3	2	1	4	7
4	7	6	1	8	5	9	3	2
2	1	3	7	9	4	5	8	6
6	2	4	9	5	7	3	1	8
3	8	5	4	6	1	7	2	9
7	9	1	8	2	3	6	5	4

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- Claudia Puig, *USA Today*

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-Claudia Puig, USA Today

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